



National Watch and Clock Museum with Lunch ... page 9

INSPIRATIONS

Inspiring Things to Do, Learn and Share



“Your life is enriched with meaning when you allow yourself to become inspired, set goals, and charge after them with passion.”

— American Author Dr. Julie Connor

PROGRAM OFFERINGS

*Program offerings are listed alphabetically by category.
For program listing by date, refer to Monthly Event Calendar.*

Description	Date	pg
WELLNESS		
Fitness Classes		
SilverSneakers® Classic	Mon, Wed, Fri	1
Spirit Striders Walking Group	Tues, Thurs	1
Chair Yoga	Tues, Thurs	1
Wellness Programs		
A Better Version of You	1st Mon	1
Blood Pressure Clinic	2nd Tues	1

SPIRIT		
Support Groups		
Widow / Widower Luncheon	11/16	2
Study Groups & Services		
Faith Sharing	10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/29, 12/6	2
Worship Service	Sun	2

Please note that programming details are subject to change. Refer to the Monthly Events Calendar or Weekly Update for any additions, deletions and changes.

Description	Date	pg
MIND		
Educational		
Coffee 101	3rd Tues	3
Arm Chair Travel		
New Zealand	10/5	3
Sweden	11/17	3
Italy	12/29	3
Presentations/Musical Performances		
Cruise Informational Meeting	10/6	4
Wallygator	11/15	4
Scott Mingus	11/30	4
Nick DiSanto	12/1	4
Andrea Adams: Elizabeth	12/13	4
Hollywood Classics		
Old Maid	10/14	4
Random Harvest	11/11	4
It Happened on 5th Avenue	12/9	5
Moral Movie and Discussion		
Loving	10/7	5
Soylent Green	11/4	5
I Confess	12/2	5
Brain Gains		
Fall Brain Gain	10/6	5
Thanksgiving Brain Gain	11/10	5
Christmas Brain Gain	12/22	5
Creative Arts		
Art Exploration		
Autumn Painting	10/27	5
Flower Arranging	10/14, 10/28, 11/4, 11/18, 12/2, 12/16, 12/30	5
Pumpkin Decorating	10/12	5
Jellyfish Day Painting	11/3	5
National Candy Making Day	11/4	6
Sprenkle Drive Craft Fair	11/9	6
Fall Cake Decorating	11/29	6
Kelly Drive Christmas Craft Fair	12/5-12/10, 12/15-12/17	6
Ornament Making	12/13	6
Holiday Scene Painting	12/14	6
Knitting Circle	Every Wed	6
Crafting with Edna	10/4, 10/11, 10/25, 11/2, 11/8, 11/29, 12/6	6

Indicates special programming or initiative throughout all SpiritTrust Lutheran® Senior Living Communities.



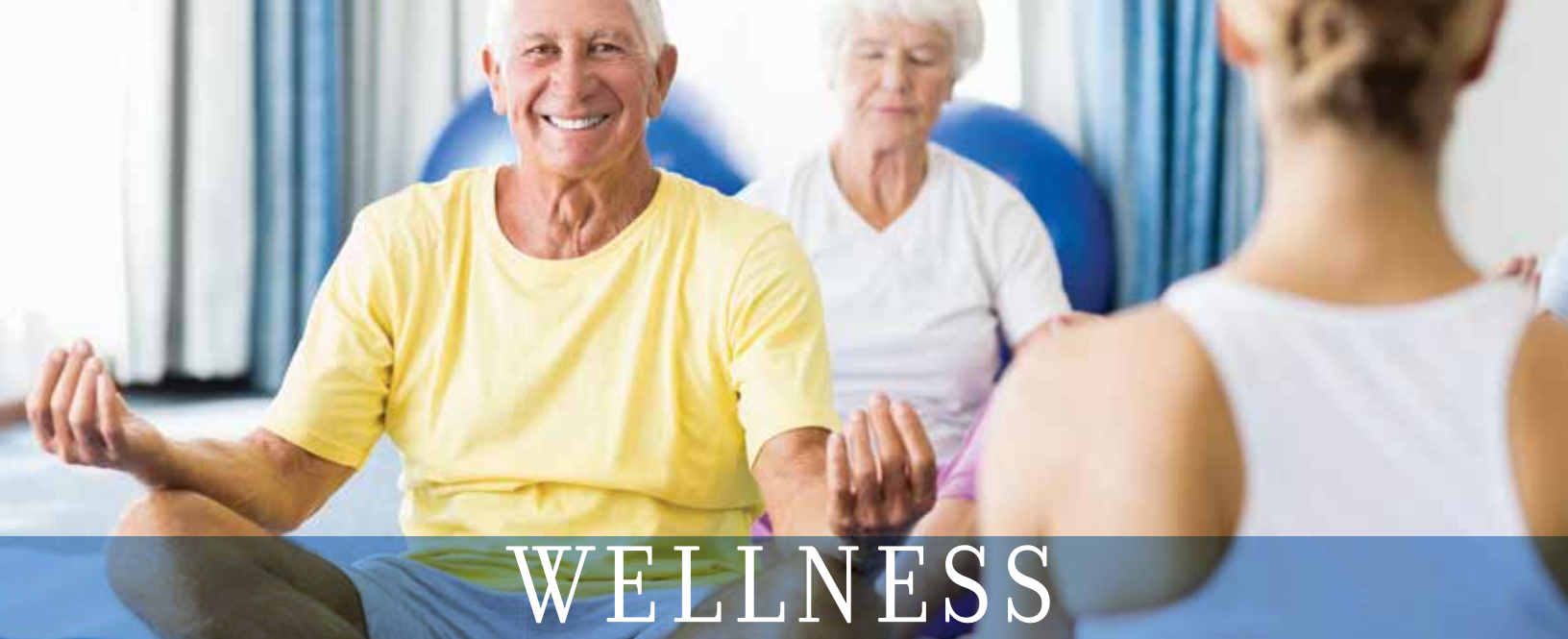
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*Program offerings are listed alphabetically by category.
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Description	Date	pg
SOCIAL		
Men's Continental Breakfast	10/7, 11/29, 12/15	7
Ladies' Tea	10/17, 11/21, 12/28	7
Murder Mystery Event	10/19	7
Uncorked	10/20	7
Fall Cider Sampling	11/23	7
Residential Pot Luck	10/24, 11/28, 12/19	7
Halloween Party	10/31	8
Sundae Bar	11/14	8
Charlie Brown w/ Pumpkin Pie	11/16	8
Holiday Cookie Swap	12/1	8
Holiday Cocktail Hour	12/22	8
Saint Nicholas Day Breakfast	12/6	8
Boxes for our Troops	12/12	8
Christmas Bash	12/23	8
Ring in the New Year	12/30	8
Recreational		
500 Cards	Wed, Sat	8
Billiards	Tue	8
Bingo	1st Mon	8
Dominoes	10/18, 11/15, 12/20	8
Bocce	4th Mon	8
Trips		
Wolf Sanctuary	10/10	9
Lucky Us Alpaca Farm	10/14	9
Day Excursions		
Pumpkin Patch Trip	10/3	9
Annual Harvest Day Festival	10/22	9
Watch and Clock Museum	11/17	9
Weight Lifting Hall of Fame	11/22	9
Polar Express Train Ride	12/17	9
Shopping Trips		
Park City Mall w/Lunch	11/30	9
Grocery Shopping Trips	Tues	9
New Eastern Market	11/25	9
Dining		
Diners Caravan		
Brewhouse Grille	10/11	10
Green Horizon Grill	11/2	10
Hinkles	12/19	10
White Rose	12/27	10

Description	Date	pg
Movies		
Lights, Camera, Action		
Psycho	10/21	10
Frankenstein's Monster	10/28	10
Dead Poet's Society	11/18	10
Great National Park Series	10/26, 11/22	10
Virtual York Symphony	10/24, 11/14, 11/28	10
12 Days of Christmas Movies		
White Christmas	12/5	11
It's a Wonderful Life	12/7	11
The Polar Express	12/8	11
The Santa Clause	12/12	11
The Grinch	12/14	11
Christmas with the Kranks	12/15	11
Miracle on 34th Street	12/16	11
A Christmas Story	12/19	11
Home Alone	12/20	11
Rudolph the Red Nosed Reindeer	12/21	11
A Charlie Brown Christmas	12/22	11
Elf	12/23	11
Theatre		
Twaz the Night Before Christmas	12/11	11
York Symphony	10/22, 11/12, 11/26	11

COMMUNITY		
CommUNITY Spirit		
Seasons of Service	November	12
Community Committees	Varies	12
Service Groups		
Garden Market	Seasonal	12
Branch Lions Club	1st Tues	12
Village Gardeners	Varies	12
Volunteer Opportunities	Varies	12
Special Programs- Spirit 360		
Alzheimer's Walk	10/29	12



WELLNESS

Taking care of not only your body to maintain and improve physical strength and function but also making positive choices to nourish your body so that it can be as healthy as possible.

Fitness

ONGOING CLASSES

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support.

Monday, Wednesday, Friday

10:00 am

Glatfelter Center Community Rm. B

Spirit Striders Walking Group

Enjoy a morning walk in nature to local parks or trails among the company of others. Walk as little or as much as you wish while at the locations of choice. Weather permitting.

Occurs on every Tuesday and

Thursday at 8:45am. Meet in the

front of the Glatfelter Center.

Chair Yoga

Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. Chair Yoga modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions.

SilverSneakers® Chair Yoga:

Tuesday and Thursday at 11:00am

Glatfelter Center Community Rm. B

Wellness Programs

BUILDING A BETTER VERSION OF YOU

Learn how to add vitality to your life! This 30-minute session teaches how to use the cardio and strength equipment safely and effectively. Presentations taught by a health professional are also available.

1st Monday

2:00pm

Glatfelter Center Gym

Blood Pressure Clinic

Do you know your numbers? Stop by the wellness nurse's office to have yours checked. Your heart and health will thank you. Join us monthly and learn how you can add years to your life and life to your years!

2nd Tuesday

10:00am

Glatfelter Center Gym



SPIRIT

Nourishing your soul through purposeful, enriching experiences and facing life with enthusiasm and positivity, even in difficult times.

Emotional

Widow/Widower Luncheon

Meet other widows and widowers in a comfortable, social atmosphere where participants can find companionship, friendship, comfort, and support from one another. The luncheon is open to all widows and widowers in the community. Participants order food from Rachel & Reuben's Bistro menu and are responsible for food cost.

November 16

12:00 pm

Rachel and Reuben's

Cost: Varies

Registration required - Signup

Monday prior to event, Max 10

Spiritual

FAITH SHARING

This monthly study group is led by our chaplain or other volunteer with spirited discussions offering opportunities that strengthen individual's religious and spiritual beliefs.

A Brief Encounter With the Gospel of John

This four session will explore this Gospel continuing with the seven signs performed by Jesus that culminate in the raising of Lazarus from death.

Tuesday October 4, 11, 18, 25

2:00 pm

Glatfelter Center Community Rm. A

"Crazy Faith"

Chaplain Tricia will present a study to help us step out in faith and dive into the purposeful life of trusting God for the impossible.

Tuesday November 1, 8, 15, 29

2:00 pm

Glatfelter Center Community Rm. A

Lights! – Celebrate Hanukkah

Chaplain Hank Steinhilber will present "Lights! – Celebrate Hanukkah". Hank will help explore this holiday of light and hope with music, stories and foods of the festival.

Tuesday December 6

2:00 pm

Glatfelter Center Community Rm. A

WORSHIP SERVICE

Join us as we observe our faith together as a community during a weekly service of Scripture, hymns and Holy Communion. A time of fellowship around coffee follows worship.

Sunday

10:30 am

Glatfelter Center Community Rm. A

Additional Worship Services

Thanksgiving Eve Worship -

Wednesday November 23rd at

10:30am

Christmas Eve Worship Saturday

December 24th at 10:30am



Expanding your knowledge, skills and creativity while sharing your knowledge and skills with others.

Educational

Coffee and Tea 101

What a great way to start your day! Learn about a specialty coffee and the company that has made it. We will taste and appreciate the coffee as well as some tea. Please join us for this educational coffee and tea segment.

3rd Tuesday of the month

9:00 am

Glatfelter Center Rachel &

Reuben's

Registration required – sign up by Friday prior to event

ARM CHAIR TRAVEL

Explore the world without leaving York! Watch a short documentary film about the region followed by a short presentation including facts, customs, traditions, religions, and more given by a life enrichment team members! Get a taste of different cuisines too with popular snacks from that region. If you've travelled here, bring photos and memorabilia to share.

New Zealand

An island in the southwest Pacific, this beautiful country is home to many unique traditions, rich culture and stunning flora and fauna. We will give you the scoop on all of the wonderful things there are to learn about Kiwi culture, customs and tons of fun facts!

Wednesday October 5

**3:15 pm in Glatfelter Center
Community Room A**

Sweden

Sweden is a Scandinavian nation with thousands of coastal islands and inland lakes, along with vast boreal forests and glaciated mountains. Come and learn about all the traditions, customs and culture of the Swedes!

Thursday November 17

**2:00 pm in Glatfelter Center
Community Room A**

Italy

Ciao Bella! Italy, a European country with a long Mediterranean coastline, has left a powerful mark on Western culture and cuisine. Its capital, Rome, is home to the Vatican as well as landmark art and ancient ruins.

Wednesday December 29

**2:30 pm in Glatfelter Center
Community Room A**

PRESENTATIONS AND MUSICAL PERFORMANCES

Informational Meeting for SpiriTrust Lutheran Cruise

Come meet Lori Heathcote who will explain and present all the details about the SpiriTrust Lutheran cruise in 2023. It is a nine night cruise including, Canada and New England. Come to this meeting to learn more details regarding this amazing event!

Thursday October 6
9:30am

Wallygator

Join us in celebrating National Steve Irwin Day with a live alligator! Wallygator will be coming to the Glatfelter Center to educate us on his species while supplying his emotional support to residents at Sprengle Drive. Wallygator is a 4.5 foot mellow alligator who is ready to meet some new friends!

Tuesday November 15
1:00pm

Scott Mingus: Spies, Scout, and Secret Agents of the Civil War

Join Scott Mingus as he discusses the role of spies, scouts, and secret agents during the Gettysburg Campaign. Both armies used a variety of covert individuals to collect and disseminate information on enemy troop movements, leadership changes, estimated strength and firepower, potential strengths and weaknesses, and possible intentions. Some of these men (and women!) succeeded in their missions, and some died trying.

Wednesday November 30
2:00pm

Nick DiSanto: One Man Band

Nick DiSanto is coming back to the Glatfelter Center to grace us with another one of his spectacular one man band performances. This time he will be performing his Christmas selections.

Thursday December 1
3:00pm

Andrea Adams: Elizabeth

Living for years with the disappointment of unachieved dreams, Elizabeth and Zachariah are surprised, not only with his choice as High Priest, but with the surprising news they are to be parents to a prophet. What is even more surprising is when Elizabeth's young cousin, Mary, arrives with the news she is to be mother to the Messiah. Come learn about the special bond which develops between these two chosen women and the wonderful way God makes all His prophecies come true.

Tuesday December 13
2:00pm

HOLLYWOOD CLASSICS

Rich Santel, self-proclaimed film buff, introduces, presents, and discusses Hollywood's greatest films. Specializing in The Studio Era, 1930-1948, Rich enjoys presenting little known facts and trivia. Grab some popcorn and enjoy the film!

2nd Friday of the month
1:00 pm

Glatfelter Center Community Rm. A
Presenter: Rich Santel

The Old Maid

A 1939 American drama film directed by Edmund Goulding. Based on the 1924 novel by Edith Wharton, and released by Warner Bros. August 16, 1939, it stars Bette Davis, Miriam Hopkins, George Brent, and Donald Crisp. "After disappearing for two years, Clem Spenser (George Brent) returns on the day his former fiancée, Delia (Miriam Hopkins), is marrying another man. Her cousin Charlotte (Bette Davis) sneaks away with Clem, who enlists in the Union Army the next day and dies soon after. Charlotte and Clem's child, Clementina, grows up not knowing critical Charlotte is her mother. Jealous of Charlotte's affair, Delia pretends to be Clementina's mother, sabotaging mother and child's relationship."

Friday October 14

Random Harvest

A 1942 film based on the 1941 James Hilton novel, directed by Mervyn LeRoy. The film stars Ronald Colman as a shellshocked, amnesiac World War I soldier, and Greer Garson as his love interest. The film was released by Metro-Goldwyn-Mayer December 17, 1942. "A veteran of World War I, Charles Rainier has lost all memory of his life before the war. Left to wander, Rainier meets a showgirl, Paula, with whom he falls in love. Rainier and Paula are soon happily married, but when Rainier travels out of town, a car hits him - erasing the memories of his life with Paula, but restoring those of his life before the war. While he returns to his previous life, Paula tries to find a way to be reunited with her husband."

Friday November 11



It Happened on 5th Avenue

A 1947 American comedy film directed by Roy Del Ruth and starring Victor Moore, Ann Harding, Don DeFore, Charles Ruggles, and Gale Storm. It premiered April 19, 1947. “While rich businessman Mike O’Connor (Charles Ruggles) resides in Virginia, his luxury townhouse in New York City appears vacant. However, in reality, drifter Aloysius “Mac” McKeever (Victor Moore) has been staying there. Mac invites Jim (Don DeFore), and unemployed veteran who has just been evicted from a building owned by O’Connor, to stay at the house without revealing he’s squatting. When O’Connor’s daughter, Trudy (Gale Storm), shows up as well, she falls for Jim and tries to help him.”

Friday December 9

MORAL MOVIE & DISCUSSION

Watch in a group setting a thought-provoking film filled with one or more moral dilemmas. After viewing the film, a discussion is held around the dilemmas presented. Participants are encouraged to ask questions, be open-minded, and know they are in a safe space to speak about their thoughts and opinions. Discussions are led by volunteer resident facilitators.

Friday October 7 – Loving

Friday November 4 – Soylent Green

Friday December 2 – I confess

1st Friday of the month

1:00 pm

Glatfelter Center Community Rm. A

BRAIN GAINS

Fall Brain Gains

Do you love the cool season of autumn? The sweater weather with heartwarming colors all around you? This month, brain gains will be based around the season! Trivia and other activities are sure to get your brain juices flowing!

Thursday, October 6

2:00pm

R&R Patio

Thanksgiving Brain Gains

Do you know everything about the holiday of Thanksgiving? Put yourself to the test at this month’s Thanksgiving Brain Gains! We will test your knowledge on the history behind Thanksgiving, customs of the holiday and even Thanksgiving food!

Thursday, November 10

2:00pm

R&R Patio

Christmas Brain Gains

There’s lots to learn about the beautiful holiday of Christmas! Test your knowledge of the history of Christmas, how other countries celebrate the holiday, customs and traditions Americans have, popular food and Christmas cocktails, and more!

Thursday, December 22 a

2:00pm

R&R Patio

Creative Arts

ART EXPLORATION

Autumn Painting

Come explore your artsy side by painting a lovely fall scene. We will supply all of the supplies you need so all you need to bring is your creativity!

October 27

1:00 PM

Rachel and Reuben’s Patio

Flower Arranging

Join fellow residents in creating beautiful floral arrangements which we will decorate our very own Rachel and Reuben’s with!

October 14, October 28, November

4, November 18, December 2,

December 16, December 30

3:30 PM

Rachel and Reuben’s

Pumpkin Decorating

Come and celebrate spooky season by decorating pumpkins! Whether you choose to use stickers, paint, glitter or a combination your pumpkin will be sure to be the center of attention in your frightfully fun Halloween décor!

October 12

1:00 PM

Community Room B

Jellyfish Painting

In celebration of National Jellyfish Day, we will be painting our own flowy jellyfish! Jellyfish are very interesting creatures, therefore we will also have some facts to share about them while you paint!

November 3

1:00 PM

Rachel and Reuben’s Patio



National Candy Making Day

Have a sweet tooth? Come make a variety of different types of candy for National Candy Making Day!

November 4

2:00 PM

Community Room B

Sprengle Drive Craft Fair

Do you love to craft and want to try your hand at displaying and selling your work? Well you are in luck! We will be hosting a craft fair and would love to have you be a vendor. If you are maybe not the crafty type but are interested in checking out what your fellow residents have been busy working on, come to the show to check out all the amazing creations!

November 9

1:00 PM

Community Room A/B

Interested in being vendor?

Contact Brenna.

Fall Cake Decorating

Create your own two layered, fall themed, sweet delicacy! This activity is sure to please your creative side and also your sweet cravings!

November 29

1:00 PM

Community Room B

Kelly Drive Annual Christmas Craft Fair

The Christmas Craft Fair features a wide variety of handmade craft items, fresh baked goods, and specialty items that make excellent holiday gifts for loved ones. All items are made by Kelly Drive residents, with the money raised going to benefit the SpiriTrust Lutheran Benevolent Association.

Monday, December 5 – Saturday, December 10

Thursday, December 15 – Saturday, December 17

The Village at Kelly Drive Family Lounge

Ornament Making

Create your very own ornaments to decorate your Christmas tree or house with! Homemade decorations are always the best! Supplies provided.

Tuesday December 13

1:00 PM

Community Room B

Holiday Scene Painting

For the month of December, we will be painting a holiday scene. Decorate your home with your own personal touch with these beautiful paintings! Supplies provided.

Wednesday December 14

1:00 PM

Rachel and Reuben's Patio

Knitting Circle



If you are new to knitting or crocheting, or a seasoned pro, this group might be just what you have been seeking. Joining can offer you help with a new pattern, help completing a lingering project, new knitting or crochet project ideas, and the ability to make new friends with a very similar interest to yours.

Wednesday

1:00 pm

1911 Weisgerber

Crafting with Edna

Join Edna Stevens and her crafting group as they work holiday crafts. The group meets at 10:00am on the following dates in the Rachel and Reuben's patio. All are welcome!

October 4, 11

**Halloween themed
Tissue Boxes**



October 25,

November 2, 8

**Thanksgiving themed
Tissue Boxes**



November 29,

December 6

Making Christmas Ornaments



SOCIAL

Building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.

Men's Continental Breakfast

Join your fellow male residents for mingling, conversation and a variety of delicious breakfast foods to start your day out right!

**Friday October 7, November 29,
December 15**

9:00 AM

Rachel and Reuben's

Ladies' Tea

This classy event goes out to all the classy ladies! Come and have tea time with the other ladies of Sprenkle Drive. There will be tea (hot and cold) and snacks to accompany. Feel free to wear your tea time apparel!

**Monday October 17, November 21,
December 28**

3:00 PM

Rachel and Reuben's

Murder Mystery Event

Work together with your neighbors in attempt to solve the mystery of who the murderer is! This event is sure to get you thinking and exercise your problem solving skills all while getting into the spooky spirit of Halloween!

Wednesday October 19

2:00 PM

Community Room B

Uncorked

A wine party is a great way to learn more about wine and try new varieties! A new wine will be introduced and sampled. You're also welcome to bring a wine along with you to share.

Thursday October 20

3:00 PM

Community Room B

Fall Cider Tasting

Come taste a variety of different ciders, which are sure to warm you up during this fall season. The fall cider sampling will include hard cider, hot cider, and cold cider.

Thursday November 23

3:00 PM

Community Room B

Residential Pot Luck

The residents at SpiriTrust Lutheran host a pot luck every month which is open for anyone to join. Make sure to sign up in the sign up binder with what you are bringing!

October 24, November 28,

December 19

5:00 PM

Glatfelter Center Community Rm. B

Halloween Party

In celebration of Halloween, we will be having a spooky party! Plenty of spooky drinks, food, music and activities are sure to be had!

Monday October 31

2:00 PM

Glatfelter Center Community Rm. B

Sundae Bar!

November 11th is National Sundae Bar Day! In celebration, of course we will have a sundae bar with a variety of ice cream flavors and toppings!

Monday November 14

20 PM

Glatfelter Center Community Rm. B

Pumpkin Pie with Charlie Brown

Join us for a slice of pumpkin pie while we watch a classic, "Charlie Brown's Thanksgiving".

Wednesday November 16

1:00 PM

Glatfelter Center Community Rm. A

Holiday Cookie Swap

Bake your famous holiday cookies, and bring enough to share! This event gives you the opportunity to introduce your baked good to others while also trying others' creations. Feel free to bring your recipe with you!

Thursday December 1

2:00 PM

Glatfelter Center Community Rm. B

Saint Nicholas Day Breakfast

Celebrate Saint Nicholas Day the traditional way! Expect to see the classic delicacies of oranges and chocolate coins. The main breakfast will consist of French toast, scrambled eggs, hash browns, sausage, bacon, and fruit.

Tuesday December 6

9:00 AM

Rachel and Reuben's

Cost: \$8

Holiday Cocktail Hour

Join us for some famous cocktails, typically enjoyed around the holidays. Christmas cocktails and music, what else could you ask for?

Thursday December 22

3:00pm

Community Room B

Christmas Bash

Come and join us for a festive party to celebrate the most wonderful time of the year. Try a selection of delicious treats and beverages while enjoying the company of your wonderful friends and neighbors.

Friday December 23

1:00 PM

Community Room B

Ring In the New Year Toast

Come ring in the New Year by sharing your goals and wishes for 2023

Friday December 30

1:00 PM

Community Room B

Recreational**GAMES**

Games have always brought families and friends together, whether on a designated game night or family holidays. Discover new tabletop games and enjoy all the old classics. No matter what is being played, the camaraderie and friendly competition make these events a great time.

500

Wednesday, 1:30PM

Saturday, 1:00PM

The Bean

Billiards

Tuesday

5:30 pm

Billiard Room

Bingo

Bingo is resident supplied. Please bring two prizes for the winners with the price limit \$1.00 per prize. Everyone leaves with a prize!

1st Monday 1:00 pm

Glatfelter Center Community Rm. B

Dominoes

October 18, November 15,

December 20

Thursday 6:00 pm

Rachel & Reuben's Patio

Bocce

4th Monday

1:00 pm

Glatfelter Center Community Rm. B

Trips

Wolf Sanctuary

Speedwell Forge, in Lititz, PA, provides refuge to different wolves for over forty years. The sanctuary currently houses over fifty wolves and wolf-dogs. This tour is educational and simply an amazing experience! After touring, the group will get lunch at "The Owl's Nest" before returning home. Be sure to sign up; seats are limited!

October 10

8:30am

**Back entrance of Glatfelter Center
Tour: \$17, participants are responsible for lunch costs**

Lucky Us Alpaca Farm

Family owned llama and alpaca farm in south central PA. The farm offers a wide variety of fun for visitors who can interact with the herd and shop in the quaint gift shop. The farm was established on 8/4/17 by a couple who bought a twelve acre hobby farm.

October 14

8:30am Depart

**Back entrance of Glatfelter Center
Tour: \$10**

DAY EXCURSIONS

Pumpkin Patch Trip

Join us in an outing to Smysers Richlawn Farms to pick your very own pumpkin! Enjoy one of the most wonderful parts of fall by visiting this local gem!.

Monday October 3

1:00 pm bus departs

Cost: Varies, participants are responsible for purchases

14th Annual Harvest Day Festival and Parade

There will be a variety of vendors selling crafts, artisan products, farmer's market items and food. There will be live entertainment, free children's activity area and crafts. The parade steps off from New Oxford High School at 3:00pm.

Saturday October 22

10:00am Bus departs back of Glatfelter Center

Transportation Provided

James Bond Wore the Quartz Revolution- National Watch and Clock Museum with Lunch

Carries a large collection of clocks, watches, tools and other time related items. The museum is located in Columbia, PA and is one of very few museums dedicated to horology. After the educational museum, we will have lunch out at the Union State Grill.

Thursday November 17

9:00 am bus departs

Cost: \$5 for the group rate of at least 10 people, participants are responsible for lunch & purchases

Weight Lifting Hall of Fame with Lunch

Join fellow residents on a self-guided tour. The museum displays the history and evolution of sports along with large figures in the body building and weight lifting world. Following the museum, lunch will be at the Central Family Restaurant.

Tuesday November 22

10:30 am Bus departs back of Glatfelter Center

Cost: Free, participants are responsible for lunch & purchases

Polar Express Train Ride

Relive the Polar Express experience but not through the movie this time! Ride the real life Polar Express train with hot chocolate and goodies!

Saturday December 17

3:00 pm Bus departs back of Glatfelter Center

5:00 pm Train ride starts

Cost: \$21

Shopping

Park City Mall with Lunch at the Food Court

Wednesday November 30

10:00 am bus departs

Cost: Free, participants are responsible for lunch and purchases

Grocery Shopping

Each Tuesday, residents have the opportunity to shuttle to a nearby grocery store. Grocery stores are on a rotation between Giant, Weis, Walmart, and Aldi. Be sure to sign up in the binder if you are interested in going on these trips!

Tuesday

9:00 am bus departs

Cost: Participants are responsible for purchases

New Eastern Market

Friday November 25

10:00 am bus departs

Cost: Free, participants are responsible for lunch and purchases

Dining

DINERS CARAVAN

There's nothing quite like sitting around with friends having great conversations over a delicious meal. Dine at various restaurants in the area and beyond. Cost will vary by restaurant and is the responsibility of the diner.

Brewhouse Grille

Tuesday October 11

4:30pm depart from back of

Glatfelter Center

**Registration required – sign up
deadline 10/4**

Green Horizon Grill

Wednesday November 2

5:00pm depart from back of

Glatfelter Center

**Registration required – sign up
deadline 10/26**

Hinkles

Monday December 19

11:00 am bus depart from back of

Glatfelter Center

**Registration required – sign up
deadline 12/10**

White Rose

Tuesday December 27

5:00 pm bus depart from back of

Glatfelter Center

**Registration required – sign up
deadline 12/15**

LIGHTS, CAMERA, ACTION

Glatfelter Community Center

Community Room A

Cost: Free

Psycho

Phoenix secretary Marion Crane (Janet Leigh), on the lam after stealing \$40,000 from her employer, Sam Loomis (John Gavin), is overcome by exhaustion during a heavy rainstorm. Traveling on the back roads to avoid the police, she stops for the night at the ramshackle Bates Motel and meets the polite but highly strung proprietor Norman Bates (Anthony Perkins).

Friday October 21

1:00 PM

Frankenstein

Stars Colin Clive as Henry Frankenstein, an obsessed scientist who digs up corpses with his assistant in order to assemble a living being from body parts. The resulting creature, often known as Frankenstein's monster, is portrayed by Boris Karloff."

Friday October 28

1:00 PM

Dead Poet's Society

A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox methods to reach out to his students, who face enormous pressures from their parents and the school.

Friday November 18

1:00 PM

Our Great National Park Series

From African beaches to Japan's islands to Australia's Great Barrier Reef, the National world's untamed beauty will be presented during the limited series of "Our Great National Parks" in 5 separate segments.

October 26, November 22

1:00 pm in CRA

Virtual Showing of York Symphony Orchestra

Don't feel that you missed out if you didn't go to the York Symphony. We will have a virtual showing in order to experience the beautiful music from the Glatfelter Center!

October 24, November 14,

November 28

2:30 pm in CRA

12 DAYS OF CHRISTMAS MOVIES

For twelve days in December, we will be showing a different Christmas movie in CRA. There's no better way to get in the holiday spirit! The movies included in the Twelve Days of Christmas Movies are listed below!

White Christmas

December 5 at 2:30pm

It's a Wonderful Life

December 7 at 2:30pm

The Polar Express

December 8 at 2:30pm

The Santa Clause

December 12 at 2:30pm

The Grinch

December 14 at 2:30pm

Christmas with the Kranks

December 15 at 2:30pm

Miracle on 34th Street

December 16 at 2:30pm

A Christmas Story

December 19 at 2:30pm

Home Alone

December 20 at 2:30pm

Rudolph the Red Nosed Reindeer

December 21 at 2:30pm

A Charlie Brown Christmas

December 22 at 2:30pm

Elf

December 23 at 2:30pm

Theatre

Little Theater of Mechanicsburg presents "Twaz the Night Before Christmas"

"Twaz the night before Christmas, when all through the house, not a creature was stirring, not even a mouse.' But wait! A mouse is stirring – because Santa missed his house last year. Before you can say "Merry Christmas!" we're off on the wild adventures of a mouse, and elf, and a spunky little girl who just won't take no for an answer. Don't miss this joyful tribute to the holiday season!"

Thursday December 11

1:00 pm Bus Departs from back of Glatfelter Center

2:30 pm Show

Cost: \$18

York Symphony Orchestra: Nosferatu "Dracula" with Live Orchestra

Based on Bram Stoker's Dracula, the famous vampire, Nosferatu, comes to life in time for Halloween. The 100th anniversary of this 1922 film classic will be performed with live orchestra and chorus as Nosferatu wreaks havoc at the Transylvanian castle and beyond

October 22

6:30 pm Bus Departs from Glatfelter Center

7:30 pm Show

Cost: \$10

York Symphony Orchestra: Copland and Bartok: American Voices

"This concert showcases the range of all perspectives in the United States. Prolific African-American composer Florence Price arranged Ethiopia's Shadow in America in the 1930s to honor the experiences of slaves in the United States. Jill Haley, YSO Oboe and English Horn, produced the National Park Suite influenced by her Artist in Residence at six National Parks. Based on Lincoln's Gettysburg's address, Aaron Copland moved the listener with his modest yet inspirational portrayal in his iconic Lincoln Portrait. Finally, Bartok's showpiece Concerto for Orchestra combines his experience of just arriving in America to escape WWII with his Hungarian background of folk music."

November 12

6:30 pm Bus Departs from Glatfelter Center

7:30 pm Show

Cost: \$10

York Symphony Orchestra: Holiday Pops Spectacular

Let the York Symphony Orchestra and Chorus commence your holiday season down Candy Cane Lane! Bring your family and friends for yuletide cheer. You won't want to miss the annual Holiday Pops Spectacular, including the Holly Jolly Sing-Along!

November 26

1:00 pm Bus Departs from Glatfelter Center

2:00 pm Show

Cost: \$10



COMMUNITY

Making a positive impact, be it in the community reaching out to help others or improving the quality of our environment.

*“The best way to find yourself, is to lose yourself in the service to others.”
— Mahatma Gandhi*

CommUNITY Spirit SEASONS OF SERVICE

Supporting our Troops

In the spirit of Christmas, we would like to give back to our brave troops by creating boxes full of Christmas surprises. Join us in creating these gifts for our veterans. See Brenna for a list of donations needed for the box fillers for this event.

**Monday December 12
1:00 PM
Community Room B**

COMMUNITY COMMITTEES

These advisory committees offer an opportunity to collaborate, plan, and advise at The Village at Sprenkle Drive. For more information, contact the Independent Living Council or the Community Life Enrichment Director. Independent Living Council, Life Enrichment Committee, Sunshine Committee, Dining Services Committee, Welcome Committee

SERVICE GROUPS

Garden Market

Bountiful blessings from the Village Gardeners are available for purchase. Off season sales will be announced in Weekly Updates.

Seasonal – See Inspirations Companion and Weekly Updates

Village Gardeners

A group of volunteers who tend and cultivate the garden located south of the Glatfelter Community building. Gardeners are always in demand – have interest in supporting the garden? Contact Life Enrichment Director for more information.

Branch Lions Club

Led by Shirley and Clair Starner, is a group of individuals who work together to help in the community. The club is typically held on the first Tuesday of every month and anyone is welcome to join!

Volunteer Opportunities

Do you enjoy helping others or have a heart for serving? The Village at Sprenkle Drive has many opportunities to serve. Contact the Volunteer Office to learn more.



Alzheimer’s Walk

Alzheimer’s Association Walk to End Alzheimer’s is the world’s largest fundraiser for Alzheimer’s care, support, and research. This inspiring event call on participants of all ages and abilities to join the fight against the disease. This walk will take place at John Rudy Park in York, PA.

**Saturday October 29
8:30 AM
Back of Glatfelter Center**



Mission Statement: to inspire meaningful purpose in the lives of residents by empowering them with continued growth opportunities for wellness in body, mind and spirit.

The Seven Dimensions of Wellness

Our Spirit360™ program fully integrates seven dimensions of wellness to encompass every aspect of life, supporting active aging and well – being so residents can live as fully as possible.

1. **Emotional.** Understanding ourselves, acknowledging and sharing feelings in a productive manner, approaching life with a positive enthusiastic outlook, and coping with the challenges life can bring.
2. **Intellectual.** Opening our minds to new ideas/experiences and engaging in creative pursuits and life – long learning to sharpen the brain.
3. **Physical.** Caring for your body with positive choices to maintain and improve health, strength, flexibility and functional ability.
4. **Vocational.** Making a positive impact contributing to society and gaining personal satisfaction while maintaining balance in our lives.
5. **Social.** Relating, connecting and interacting with people of all ages and establishing and maintaining positive relationships.
6. **Spiritual.** Living with peace and harmony to realize a common purpose in our lives.
7. **Environmental.** Recognizing our own personal responsibility for the quality of air, the water and the land that surrounds us, and making a positive impact on the quality of our surroundings.

 **SpiriTrust Lutheran**®
The Village at Sprenkle Drive

1802 Folkemer Circle • York, PA 17404 • www.SpiriTrustLutheran.org

